Whole Foods vs Processed Foods

- ✓ Rich in nutrients, vitamins & minerals.
- ✓ Contain disease preventive properties.
- ✓ Nutrients that aid in functions of organs.
- ✓ Lower in calories/high volume food.

- ✗ Low nutrients, vitamins & minerals.
- ✗ High in sodium & sugar.
- ✗ High in additives & preservatives.
- ✗ You feel less full compared to whole food.